



# September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk is provided with each meal</i></p>		<p><i>Suggested donation \$3/meal</i></p>	<p><b>Menu is subject to change</b></p>	<p><b>1</b></p> <p>Southern Country Fried Steak Mashed Potatoes &amp; Gravy Mixed Seasonal Vegetable Diced Peaches Fresh Baked Roll</p>
<p><b>4</b></p> <p><b>LABOR DAY</b></p> <p>NO MEAL</p>	<p><b>5</b></p> <p>Creamed Chicken/Rice Seasoned California Blend Vegetables Fresh Baked Roll Pineapple Tidbits</p>	<p><b>6</b></p> <p>Honey Baked Ham and Roasted Turkey Sub Crisp Potato Chips Macaroni Salad Fresh Local Apple</p>	<p><b>7</b></p> <p>Ms. Helen's Cheesy Beef Lasagna Garden Fresh Squash Fresh Garlic Bread Seasonal Fruit Crisp</p>	<p><b>8</b></p> <p>Kalua Pork Hawaiian Rice Seasoned Corn Pineapple Tidbits Fresh Baked Roll</p>
<p><b>11</b></p> <p>Swedish Meatballs Steamed White Rice Seasoned Carrots Peaches Fresh Baked Roll</p>	<p><b>12</b></p> <p>Rigatoni Pasta with Meat Sauce Garden Green Salad Fresh Baked Garlic Bread Seasonal Fruit Crisp</p>	<p><b>13</b></p> <p>Malibu Chicken Au Gratin Potatoes Seasoned Green Beans Fresh Baked Roll Mandarin Oranges(</p>	<p><b>14</b></p> <p>Ground Beef Taco Salad Corn Tortilla Chips, Shredded Lettuce, Tomato, Shredded Cheese, Kidney Beans, Ranch Dressing, Salsa, Sour Cream Mandarin Oranges</p>	<p><b>15</b></p> <p>Garlic Roasted Beef Herb Roasted Baby Potatoes Seasoned Peas Mixed Fruit Cocktail Fresh Baked Roll</p>
<p><b>18</b></p> <p>Honey Baked Ham Scalloped Potatoes Diced Beets Fresh Baked Corn Bread Assorted Tropical Fruit</p>	<p><b>19</b></p> <p>Homemade Meat Loaf Garlic Mashed Potatoes Roasted Corn Fresh Baked Roll Cutie Orange</p>	<p><b>20</b></p> <p>Savory Chicken Salad Wrap Italian Pasta Salad Kosher Pickle Spear Diced Pears</p>	<p><b>21</b></p> <p>Teriyaki Chicken Bowl Steamed Brown Rice Fresh Steamed Broccoli Banana Fresh Baked Roll</p>	<p><b>22</b></p> <p>Roast Turkey Breast Garlic Mashed Potatoes/gravy &amp; Turkey Gravy Crinkle Cut Carrots Fresh Baked Roll Mandarin Oranges</p>
<p><b>25</b></p> <p>Traditional Salisbury Steak Garlic Mashed Potatoes &amp; Gravy Mixed Seasonal Vegetable Diced Pears Fresh Baked Roll</p>	<p><b>26</b></p> <p>Homemade Chicken Pot Pie Fresh baked Biscuit Garden Green Salad Diced Pears Fresh Baked Brownie</p>	<p><b>27</b></p> <p>Sweet and Sour Chicken Steamed White Rice Stir Fried Vegetables Fresh Orange Fresh Baked Roll</p>	<p><b>28</b></p> <p>Hearty Beef and Vegetable Stew Fresh Green Salad Granny Smith Apple Crisp Fresh Baked Corn Bread Muffin</p>	<p><b>29</b></p> <p>Lemon Pepper Chicken &amp; Lemon Cream Sauce Scalloped Potatoes Seasoned Green Peas Mixed Fruit/Cottage Cheese Fresh Baked Roll</p>